LIFE SOURCE®

ADVANCED MANUAL INFLATE

Blood Pressure Monitor

A&D Medical

Trilingual Instruction Guide – MODEL UA-705

English ▪ Français ▪ Español

IMPORTANT INFORMATION

Please read this important information before using your monitor.

- ☞ Please remember that only a medical practitioner is qualified to interpret your blood pressure measurements. Use of this device should not replace regular medical examinations.
- ☞ Have your physician review your procedure for using this device. He or she will want to verify blood pressure measurements before prescribing or adjusting medications.
- ☞ Consult your physician if you have any doubt about your readings. Should a mechanical problem occur, contact A&D Medical.
- ☞ Make sure to use the correct cuff size when measuring your blood pressure.
- ☞ Do not attempt to service, calibrate, or repair this monitor.
- ☞ Because your UA-705 monitor contains delicate, high-precision parts, avoid exposing it to extremes in temperature or humidity or to direct sunlight, shock and dust. A&D Medical guarantees the accuracy of this monitor only when it is stored and used within the temperature and humidity ranges noted on page E-18.
- ☞ Clean the monitor and cuff with a dry, soft cloth or a cloth dampened with water and a mild detergent. Never use alcohol, benzene, thinner or other harsh chemicals to clean monitor or cuff.
- ☞ Remove and replace batteries if monitor is not used for more than **six months**. Alkaline batteries recommended.

PRECAUTIONS

The UA-705 is designed to be used at home, by those who are eighteen (18) years and older, to monitor blood pressure (systolic and diastolic) and pulse rate. It is not designed for ambulatory use.

LIFESOURCE®

Fast. Easy. Accurate.

Congratulations on purchasing a state-of-the-art LifeSource® blood pressure monitor—one of the most technologically advanced monitors available today. Designed for ease of use and accuracy, this monitor will facilitate your daily blood pressure regimen.

Physicians agree that daily self-monitoring of blood pressure is an important step individuals can take to maintain cardiovascular health and prevent the serious consequences associated with undetected and untreated hypertension.

A&D Medical has been manufacturing high quality healthcare products for over 20 years. We are committed to providing you and your family with monitoring devices that provide the utmost in accuracy and convenience.

LifeSource - Designed for Life.

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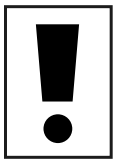

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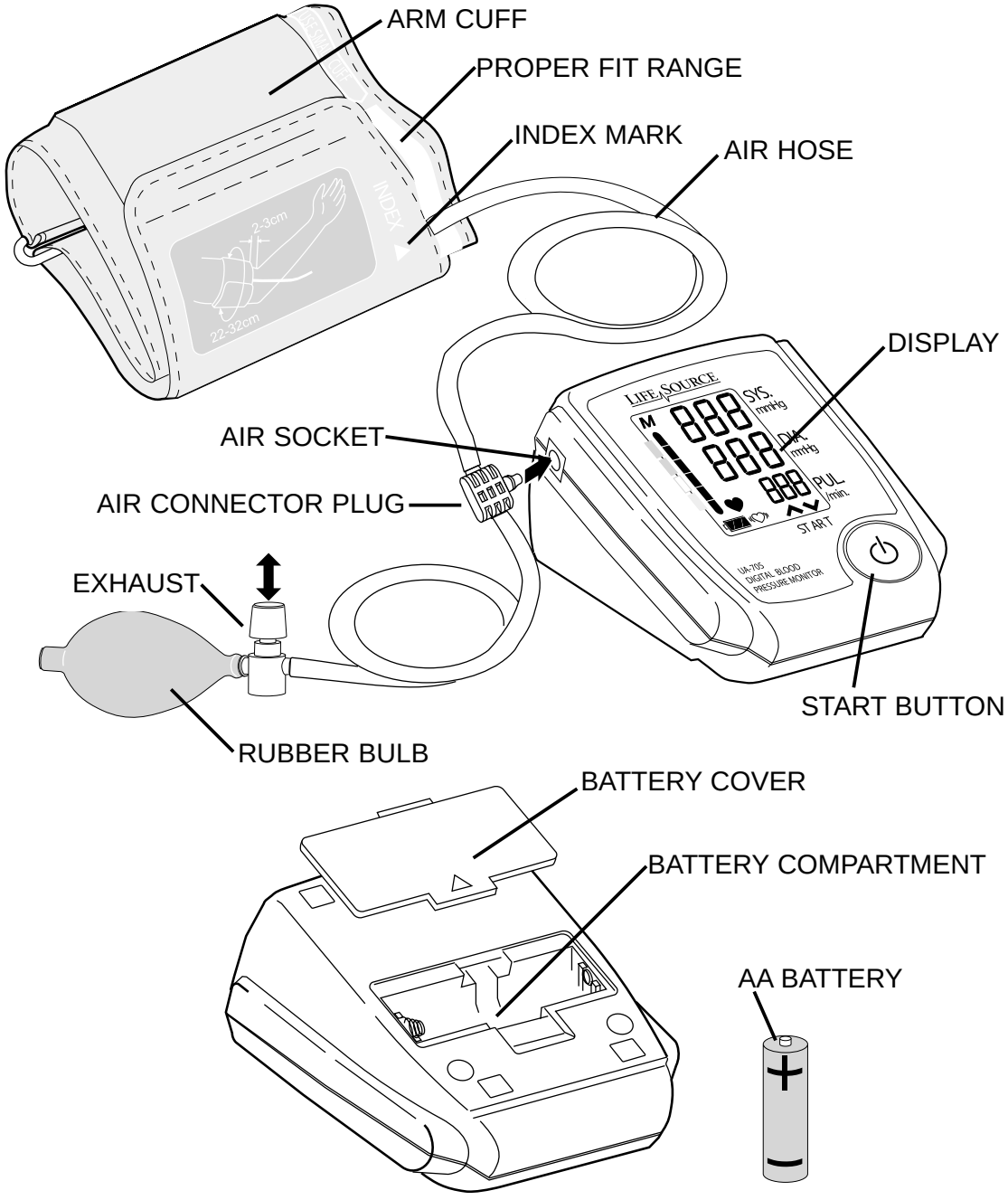
WHAT DISPLAY SYMBOLS MEAN

Display Symbol	Condition/Cause	Recommended Action
	The symbol shown while measurement is in progress. It blinks while detecting the pulse.	Measurement is in progress, remain as still as possible.
	An irregular heartbeat or body movement may have occurred. Refer to page E-9 for more information on irregular heartbeats.	Take measurement again and consult with your physician.
M	Previous measurement stored in MEMORY.	
Battery Full	The battery power indicator during measurement.	Replace all batteries with new ones when the symbol blinks. Alkaline batteries recommended.
Battery Low	The batteries are low when it blinks.	
Err	Unstable blood pressure due to excessive body movement.	Try the measurement again. Remain very still during the measurement.
	The systolic and diastolic values are within 10 mmHg of each other.	Fasten the cuff correctly, and try the measurement again.
	The pressure value did not increase during inflation.	Check for air leaks along the tube and around the air socket.
Err CUF	The cuff is not fastened correctly.	Refasten the cuff and retake measurement.
	There is an air leak in the cuff or monitor.	Make sure tube is properly connected to cuff and monitor.
Err PULSE DISPLAY ERROR	The pulse is not detected correctly.	Try the measurement again. Remain very still during the measurement.
	Cuff Inflation Meter	Measurement is in progress, remain as still as possible.
	Pressure Rating Indicator™	Refer to the section “About Pressure Rating Indicator” for further explanation.
	Appears on display prior to and during measurement. Blinks if there is air in cuff at power up.	Press exhaust button to release air.
	Cuff needs to be inflated for proper measurement.	Inflate cuff 30 to 40 mmHg above your normal systolic pressure.

MONITOR COMPONENTS



HOW UA-705 WORKS

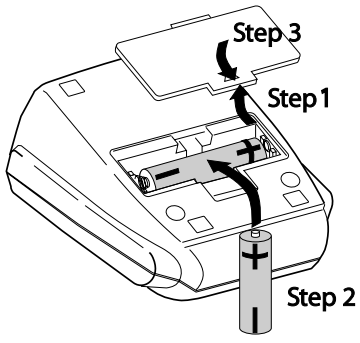
LifeSource® blood pressure monitors are easy to use, accurate and digitally display full measurement readouts. Our technology is based on the "oscillometric method" – a noninvasive blood pressure determination. The term "oscillation" refers to any measure of vibrations caused by the arterial pulse. Our monitor examines the pulsatile pressure generated by the arterial wall as it expands and contracts against the cuff with each heartbeat.

The cuff is inflated until the artery is fully blocked. The inflation speed is maximized and the pressure level is optimized by the device. The monitor takes measurements while the cuff is both inflating and deflating. This results in a faster measurement providing greater comfort to the user.

BEFORE YOU START

You must install 1 type AA (1.5 volt) battery and attach the cuff to the monitor before using it (alkaline batteries recommended). To install battery (or replace it if the "Low Battery" symbol appears on display), proceed as follows:

1. Remove battery cover by gently pushing down on handle and pulling cover off monitor.
2. Place the battery in compartment with positive (+) and negative (–) terminals matching those indicated in the compartment. Be sure battery makes contact with compartment terminals.
3. Replace cover by sliding it into the compartment and gently pressing into place.



NOTE: Rechargeable batteries will not work with this monitor.

SELECTING THE CORRECT CUFF SIZE

Using the correct cuff size is important for an accurate reading. A cuff that is too large will produce a reading that is lower than the correct blood pressure; a cuff that is too small will produce a reading that is higher than the correct blood pressure. With your arm hanging at the side of your body, measure the circumference of your upper arm at the midpoint between the shoulder and elbow.

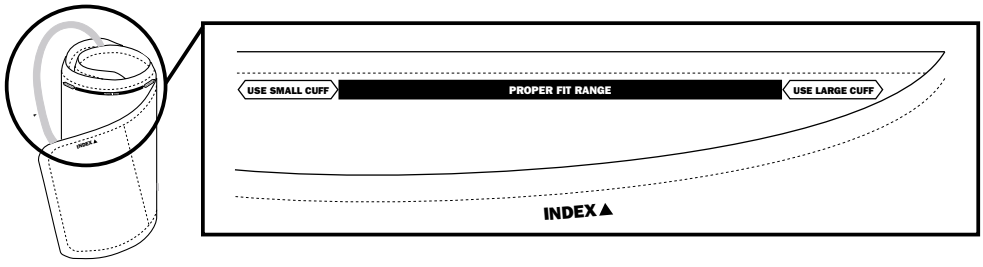
ARM SIZE	RECOMMENDED CUFF SIZE	REPLACEMENT CUFF MODEL#
9.4" - 14.2" (24-36cm)	Medium Cuff	UA-280
14.2" - 17.7" (36-45cm)	Large Cuff	UA-281

NOTE: The LifeSource small cuff is not compatible with the UA-705 monitor.

■ Cuff Size Indicator On The Cuff

Our cuff has an indicator which tells you whether you are using the correct cuff size or not. Place the cuff on your arm (see Page E-6 to learn how to put the cuff on correctly) and if the Index Mark ▲ points within the Proper Fit Range, you are using the correct cuff size. If the Index points outside of the Proper Fit Range, contact A&D Medical at 1-888-726-9966 (in Canada, call Auto Control Medical at 1-800-461-0991) for more information on where to obtain a cuff replacement.

NOTE: If the cuff size indicator falls on a borderline between two size categories, pick either one and make sure to use the same cuff size for each measurement.



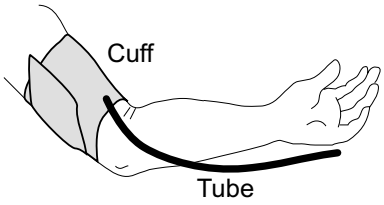
TAKING YOUR BLOOD PRESSURE

Tips for Blood Pressure Monitoring:

- ☞ Relax for about 5 minutes before measurement.
- ☞ Do not smoke or ingest caffeine at least 30 minutes prior to measurement.
- ☞ Remove constricting clothing and place cuff on bare arm.
- ☞ Unless your physician recommends otherwise, use left arm to measure pressure.
- ☞ Do not talk during measurement.
- ☞ Do not cross legs and keep you feet flat on floor during measurement.

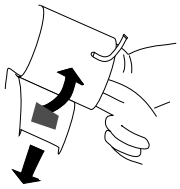
Now you are ready. Follow these simple steps:

1. Sit comfortably with your left arm resting on a flat surface so that the center of your upper arm is at the same height as your heart.



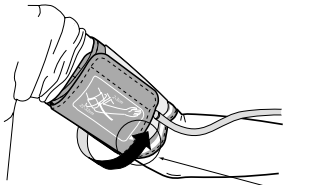
2. Lay left arm on the table, palm up and thread cuff end through metal loop, smooth side against arm. Then position the tube off-center toward the inner side of arm in line with the little finger.

3. Pull the end of the cuff to tighten it, fold back the extra material, and fasten securely. The cuff should be snug but not too tight. You should be able to insert two fingers between the cuff and your arm.

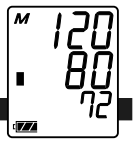


IMPORTANT: Measure pressure at the same time each day.

4. Confirm that the index ▲ points within the proper fit range.

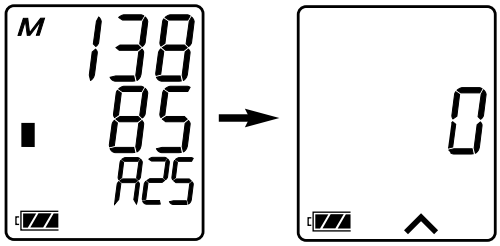

Index ▲ and Proper Fit range

In Canada - Auto Control Medical (Toll-Free): 1-800-461-0991



5. Press the START button. Your average blood pressure reading will appear with the number of measurements stored in memory (i.e. A25 = total of 25 measurements stored in memory) and a flashing ^ symbol, indicating that monitor is ready for measurement.

NOTE: If the v symbol is displayed, the cuff has some air trapped in it. Press the exhaust valve button until the ^ symbol is displayed. You may have to press on the cuff while holding the exhaust valve to release all the air in the cuff.



6. When the ^ symbol is displayed, begin cuff inflation by squeezing the inflator bulb repeatedly. It may take a few seconds for the ^ symbol to appear.

7. Stop squeezing the inflator bulb when ^ symbol disappears or until cuff pressure reaches about 30 mmHg to 40 mmHg above expected systolic pressure. If inflating to a level above your expected systolic pressure, we recommend using the chart shown below to determine your inflation level.

Usual Systolic	Inflate to
Up to 130	160
131-170	200
171-210	240
211-250	280

TAKING YOUR BLOOD PRESSURE

8. When the correct pressurization has been reached, the automatic exhaust mechanism will gradually reduce the pressure in the cuff. Sit quietly during measurement. The ❤ symbol will blink with your pulse beat.

NOTE: Exhaust rate cannot be adjusted during measurement. If you wish to stop inflation at any time, press the exhaust valve to release the pressure in the cuff.

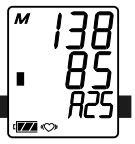
9. After you see the measurement results displayed on the screen, press the exhaust valve to release the excess air from the cuff. If you move your arm before pressing the exhaust valve, the result on the screen will be deleted. The monitor shuts off automatically in about 30 seconds. You can also press the START button to shut off the monitor.

10. Remove cuff and make a note of your blood pressure and pulse rate on the chart in the back of the manual, indicating date and time of measurement. Additional logbook charts can be downloaded and printed for free at www.LifeSourceOnline.com or www.autocontrol.com.

We advise that you record the date and time after each measurement because an accurate blood pressure history relies not on single or sporadic readings but on a pattern over time.

NOTE: Allow at least 5 minutes between measurements on the same person.

WHAT IS AN IRREGULAR HEARTBEAT

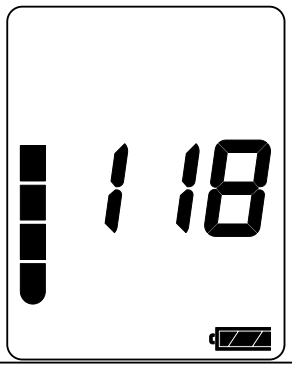
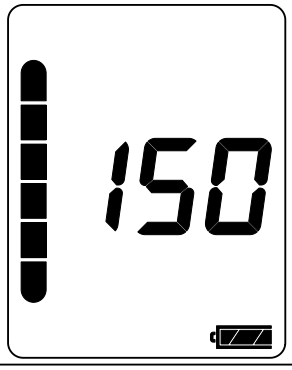
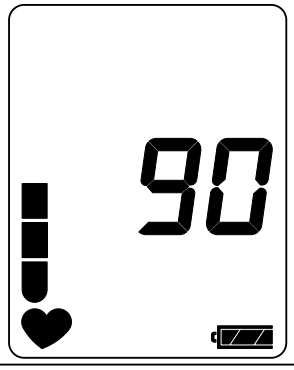


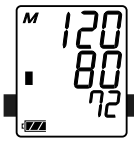
The UA-705 Blood Pressure Monitor provides a blood pressure and pulse rate measurement even when an irregular heartbeat occurs. The Irregular Heartbeat symbol ((♡)) will appear in the display window in the event an Irregular Heartbeat has occurred during measurement. An irregular heartbeat is defined as a heartbeat that varies by 25% from the average of all heartbeat intervals during the blood pressure measurement. It is important that you relax, remain still and refrain from talking during measurements.

NOTE: We recommend contacting your physician if you see this ((♡)) symbol frequently.

ABOUT CUFF INFLATION METER

The Cuff Inflation Meter is located on the left side of the display screen to tell you when the blood pressure monitor is inflating and deflating the cuff. The Cuff Inflation Meter moves up during inflation and moves down during deflation.

Inflation in Progress	Inflation Complete	Deflation/Measurement in Progress
		

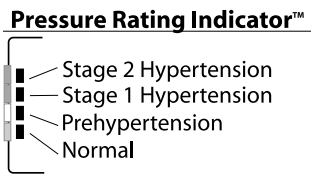


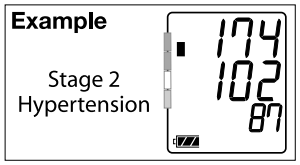
ABOUT AVERAGE READING

The UA-705 provides an average blood pressure reading based on the total measurements stored in memory. the start button is pushed, the average blood pressure reading will appear and the number of measurements stored in memory will flash several times before the monitor is ready for inflation.

ABOUT PRESSURE RATING INDICATOR™

The Pressure Rating Indicator™ is a feature which provides a snapshot of your blood pressure classification based on your measurements. This will let you quickly know what your blood pressure readings mean. Each segment of the bar indicator corresponds to the Seventh Report of the Joint National Committee (JNC7) on Prevention, Evaluation and Treatment of High Blood Pressure from the National Heart, Lung and Blood Institute - May 2003. For a more detailed look at this blood pressure classification, please refer to “Assessing High Blood Pressure” on page E-13.





■ :The indicator displays a segment, based on the current measurement, corresponding to the JNC7 Classification.

NOTE: Due to other risk factors (e.g. diabetes, obesity, smoking, etc.) in addition to your blood pressure measurement, the Pressure Rating Indicator is approximate. Please consult with your physician for interpretation and diagnosis of your blood pressure measurements.

NOTE: Residents outside of the United States (e.g.. Canada and Mexico) should refer to the WHO Classification Table on page E-13 for assessment of their blood pressure measurement.